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# ALTA DISTANCE LEARNING CENTRE

Student and teacher: Use this cover sheet for mailing or faxing.

## SSN2172: General Psychology 20

### Making Choices

### Assignment Booklet 8

#### FOR STUDENT USE ONLY

Date Assignment Submitted:

Time Spent on Assignment:

(If label is missing or incorrect)

File Number:

Lesson Number:

#### Student's Questions and Comments

Apply Assignment Label Here

Name

Address

City/Town

Province

Postal Code

Please verify that preprinted label is for  
correct course and module.

#### FOR ADLC USE ONLY

Batch Number:

Assigned Teacher:

Graded By:

Grading:

Date Lesson Received:

#### Summary

	Total Possible Marks	Your Marks
(S) 4 Lesson 1 Assignment 1	60	
(S) 4 Lesson 1 Assignment 2	40	
<b>TOTAL</b>	100	

Teacher's Comments:

Teacher



*These instructions are for students registered with the Alberta Distance Learning Centre.*

## **INSTRUCTIONS FOR SUBMITTING THIS DISTANCE LEARNING ASSIGNMENT BOOKLET**

When you are registering for distance learning courses, you are expected to submit Assignment Booklets for correction regularly. Try to submit each Assignment booklet as soon as you have completed it. Do not submit more than one Assignment Booklet in one subject at the same time. Before submitting your Assignment Booklet, please check the following:

- Are all the assignments completed? If not, explain why.
- Has your work been reread to ensure accuracy in spelling and details?
- Is the booklet cover filled out and the correct course label attached?

### **MAILING**

#### **1. Postage Regulations**

Do **not** enclose letters with Assignment Booklets.

**Send all letters in a separate envelope.**

#### **2. Postage Rates**

**Take your Assignment Booklet to the post office and have it weighed. Attach sufficient postage** and seal the envelope. Assignment Booklets will travel faster if sufficient postage is used and if they are in large envelopes that do not exceed two centimetres thickness.

### **FAXING**

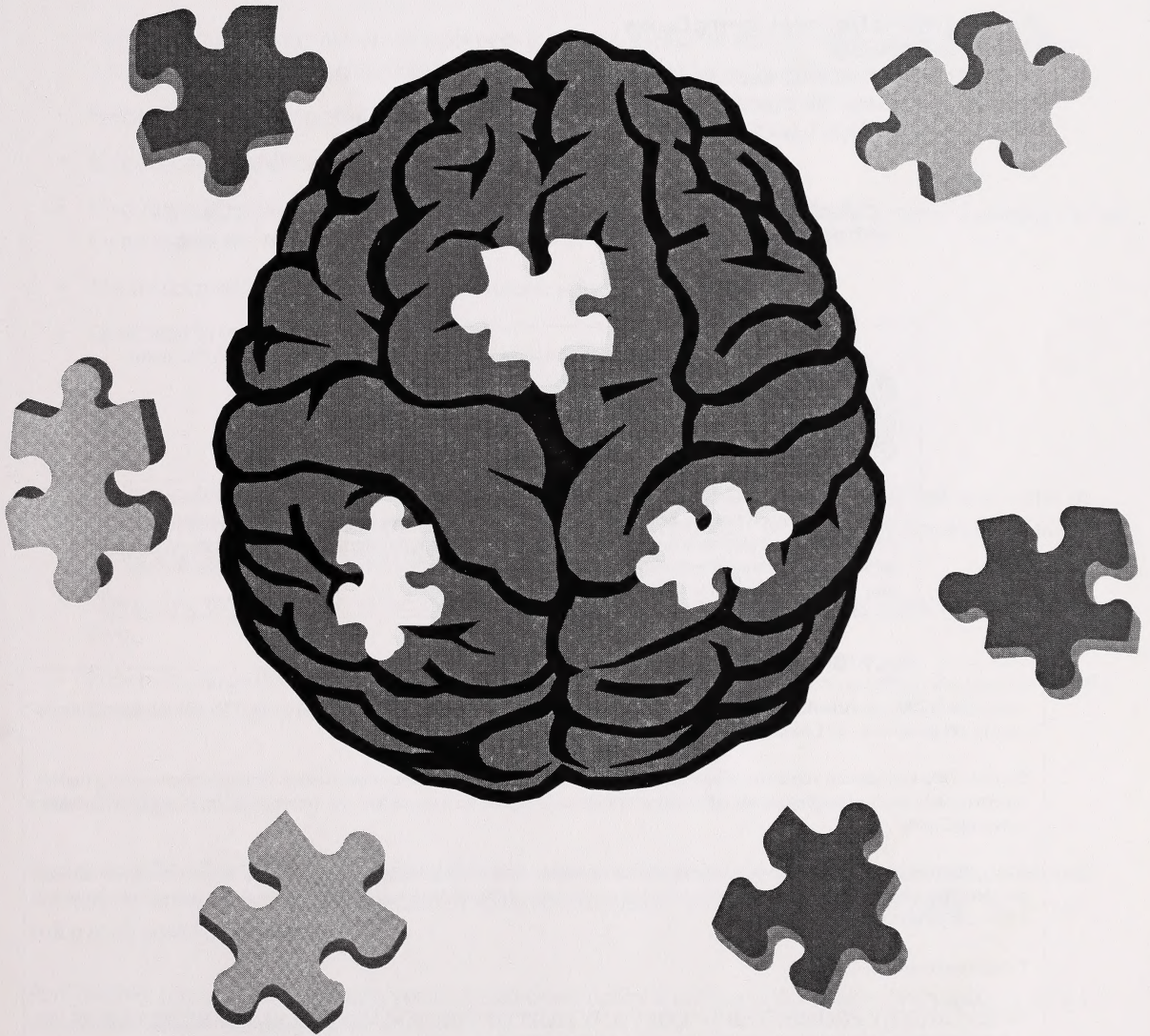
1. Assignment Booklets may be faxed to the Alberta Distance Learning Centre. Contact your teacher for the appropriate fax number.
2. All faxing costs are the responsibility of the sender.

### **E-MAILING**

Assignment Booklets may be e-mailed to the Alberta Distance Learning Centre. Contact your teacher for the appropriate e-mail address.



# *GENERAL* *PSYCHOLOGY 20*



ASSIGNMENT BOOKLET 8



General Psychology 20  
Student Assignment Booklet  
Alberta Distance Learning Centre  
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The Alberta Distance Learning Centre has an Internet site that you may find useful.  
The address is as follows:

<http://www.adlc.ca>

The use of the Internet is optional. Exploring the electronic information superhighway can be educational and entertaining. However, be aware that these computer networks are not censored. Students may unintentionally or purposely find articles on the Internet that may be offensive or inappropriate. As well, the sources of information are not always cited and the content may not be accurate. Therefore, students may wish to confirm facts with a second source.

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# General Psychology 20

## Assignment Booklet 8

### Advice:

Your mark for this module will be determined by your success on the assignments in this booklet. Your answers give your teacher indications of your understanding of the course.

- Before attempting to answer the assigned questions, please be sure you have read all the relevant course material and have completed the self-correcting activities in the module booklet.
- Proceed **slowly** and **carefully** through the assignments.
- If you encounter difficulties, review the pertinent section notes.
- If you are still having problems, please contact the course teacher at the Alberta Distance Learning Centre for assistance.
- The marks possible for each individual exercise is indicated.
- Good luck in your studies!

### Warning:


- Failure to complete all questions and/or poor responses due to obvious lack of effort may result in your teacher returning the assignment booklet marked “incomplete”. No grading will be awarded until such exercises are completed to the teacher’s satisfaction.
- Discussing various aspects of the course with others is encouraged, but all work submitted should be your own.
- If there is a large discrepancy between the assignment score and the final exam score, the teacher has the discretion to assign a final mark based solely on the examination results.

### Our Pledge to You:

Everyone at the Alberta Distance Learning Centre is committed to helping you achieve your educational goals. We happily assist students who are sincere in their desire to learn. We may be reached by phone, fax, e-mail, voice mail, postal mail, or in person.

Any journey consists of single steps; you have taken another by enrolling in this course. We want to help you successfully reach your destination.





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# Section Four: Making Choices

Value  
60

## Assignment 1: Mastering Life

**Students:** Please be aware that due to the nature of the lesson material, many of the questions will require thought or opinion answers to make assignments consistent with the lesson content. Be thoughtful and sincere in your work. Your teacher will mark you on the *quality* and *depth* of your lesson answers.

1. The self-fulfilling prophecy means that a person establishes a belief and that belief directs one's actions to make it come true. *For example, Betty repeatedly told herself that she was going to fail English. She was so tense and nervous that she did not pass the exam.* Give your own example of a self-fulfilling prophecy.

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2. What can you do to counteract the negative aspects of the self-fulfilling prophecy?

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3. Which time element do you seem to live for – past, present or future? Be honest Explain.

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4. How would you describe PA to someone who had never heard of the concept?

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5. For each of the following questions put **EX** if the phrase refers to extrinsic motivation or **IN** if the phrase refers to intrinsic motivation.

- |       |  |
|-------|--|
| _____ | a. goals and tasks are directly related                                  |
| _____ | b. five minutes extra recess time is allowed if assignments are finished |
| _____ | c. an expensive holiday is given for passing grade 11                    |
| _____ | d. a sense of pride and accomplishment after the first driving lesson    |
| _____ | e. an annual contract of 2 million dollars to play hockey                |



6. A friend of yours has a negative self-image. What advice would you give him/her for changing?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. At the top of the page, there is some very faint, illegible text that appears to be bleed-through from the reverse side. The rest of the page is completely blank except for the lines.

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- This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



8. Have you ever had to abandon any of your goals? How did you feel? Was it a wise move in the long run?

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9. Describe one of your latest achievements.

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10. In a short paragraph state your views on competition.

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11. What motto fits your life? Why?

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12. a. List three “I CAN’T” messages you have developed for yourself. Write them in point form.

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b. Choose **one** of these messages, and propose **one** thing you can do to conquer it.

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13. What dream or goal for your life would you follow if you knew you couldn’t fail?

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- This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

16. You have a choice of doing one of the following options. Once you make a choice, answer all the questions in that option.

Option A

Choose one of the following statements and tell what it means to you.

- “Your self is a process, not a product.”
- “View your classmates or co-workers as resources.”
- “Anything you are unwilling to learn will haunt you until you master it.”

[illegible]



Option B

This question focuses on some of the ideas you learned in the final section on *hope*.

Give some examples of some symbols of *hope* you have encountered. Rather than writing something, you may attach a picture.

[illegible]

Give an example of a *hope* model. Explain why you have made this selection.

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Give an example of a *hope* story.

[illegible]

## Assignment 2: Career Opportunities In Psychology

Value  
40

Match the correct term to the appropriate definition.

- |                 |                |
|-----------------|----------------|
| a. social       | f. entry-level |
| b. psychologist | g. health      |
| c. abilities    | h. educational |
| d. interests    | i. clinical    |
| e. values       | j. skills      |

- \_\_\_\_\_ 1. job that starts your career
- \_\_\_\_\_ 2. those psychologists who help people to quit smoking
- \_\_\_\_\_ 3. one type of work for those interested in counselling
- \_\_\_\_\_ 4. things at which you are good
- \_\_\_\_\_ 5. psychologists who assess and treat people's psychological problems
- \_\_\_\_\_ 6. things you like doing
- \_\_\_\_\_ 7. specific abilities
- \_\_\_\_\_ 8. part of sports psychology that teaches goal setting and focusing
- \_\_\_\_\_ 9. things you believe are desirable or good
- \_\_\_\_\_ 10. you need a PhD to call yourself this



11. When choosing a career, why is it necessary that you are aware of your career-related abilities, interests, skills, and values?

a. abilities:

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b. interests:

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c. skills:

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d. values:

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12. Describe yourself using the following list:

a. abilities:

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b. interests:

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c. skills:

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d. values:

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13. Choose one of the following options.

Option A

Conduct a two hour job shadow with a person who works in a psychology related field. Write a report containing the following information:

- First name and occupation of the person
- Description of actual duties
- Training taken
- Education
- The role of psychology in their job

Option B

Select a psychology-related job and research the requirements for the job. Write a report containing the following information:

- Job chosen
- Description of actual duties
- Training required
- Education required
- The role that psychology plays in the job

[illegible]



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**END OF ASSIGNMENT BOOKLET 8**





## STUDENT SURVEY FOR ADLC COURSES

Please evaluate this course and return the survey along with your final assignment. This is a new course designed in a new distance-learning format. The Alberta Distance Learning Centre is very interested in your responses. Your comments will be greatly appreciated, as future course revisions can then incorporate necessary improvements.

### Design

1. This course contains 1 coil-bound Student Module Book, and eight Assignment Booklets. Did you like completing eight separate Assignment Booklets and submitting them separately?

☐ Yes      ☐ No      Explain.

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2. Were the questions and directions easy to understand?

☐ Yes      ☐ No      If no, explain.

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3. Did you understand what was expected in the section assignments?

☐ Yes      ☐ No      If no, explain.

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4. The course materials were designed to be completed by students working independently at a distance. Were you always aware of what you had to do?

☐ Yes      ☐ No      If no, provide details.

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## Course Content

1. Was enough detailed information provided through the Student Module Book to help you learn the expected skills and objectives?

☐

Yes

☐

No

Comment on the lines below.

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2. Did you find the workload reasonable?

☐

Yes

☐

No

If no, explain.

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3. Did you have any difficulty with the reading level?

☐

Yes

☐

No

Please comment.

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4. Was the material presented clearly and with sufficient depth?

☐

Yes

☐

No

If no, explain.

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## General

1. What did you like least about the course?

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2. What did you like most about the course?

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3. Did you contact the Alberta Distance Learning Centre for tutoring or information while doing your course?

☐ Yes      ☐ No      If yes, approximately how many times?

Did you find the staff helpful?

☐ Yes      ☐ No      If no, explain.

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4. Had you made arrangements with the Alberta Distance Learning Centre to submit your assignment response pages via fax or e-mail?

☐ Yes      ☐ No      If yes, comment on the value of being able to do this.

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5. If you were mailing your assignment response pages, how long was it taking for them to return?

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6. Did your marker/teacher provide comments that showed you how to improve your skills?



Yes



No

Please comment.

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### Additional Comments

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